

SAM Coach Ball Machine Drill #1

Ball Machine Challenge Drill



PURPOSE OF DRILL

To improve stroke consistency ,
footwork, and stamina.

PREPARATION

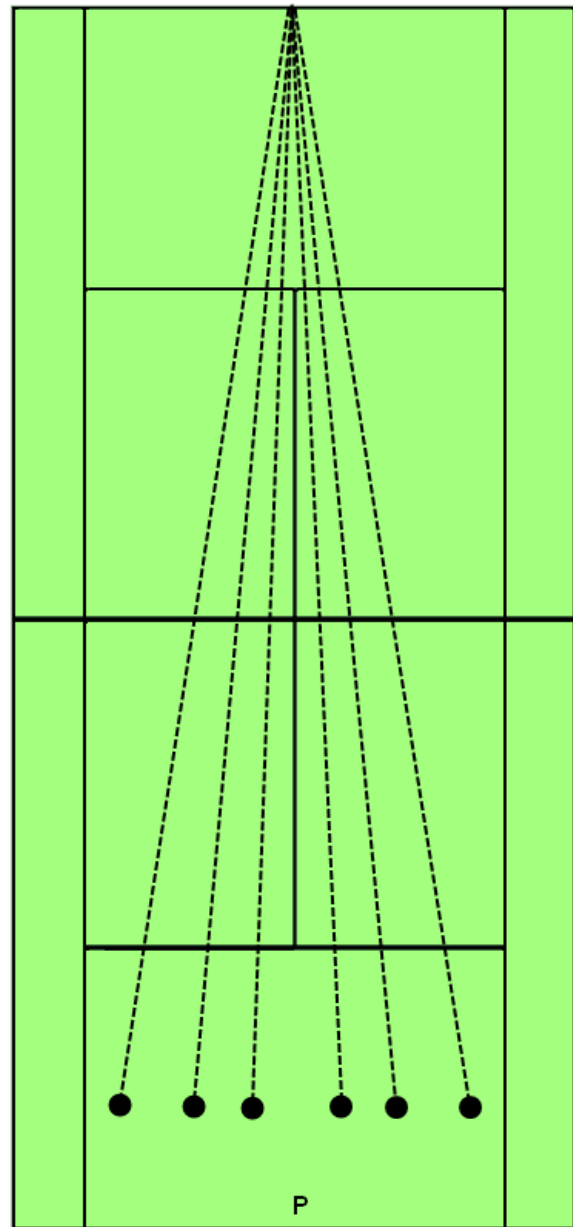
Place machine at the center of the
baseline.

For beginners:

Set shot 1 to position 3.
Set shot 2 to position 5.
Turn shots 3 through 6 off.
Set oscillation to sequential.

For more advanced players:

Set shot 1 to position 1.
Set shot 2 to position 2.
Set shot 3 to position 3.
Set shot 4 to position 5.
Set shot 5 to position 6.
Set shot 6 to position 7.
Set oscillation to random.
Set ball speed and feed interval to
match player's skill level.



T = Target Areas

P = Player Starting Position

● = Shot Locations

- - - = Ball Path

THE DRILL

Player keeps score the same as
playing a game or set. The player
scores for each shot returned. The
ball machine scores for each shot the
player misses.

SAM Coach Ball Machine Drill #2

Passing Shot Drill



PURPOSE OF DRILL

Improve ability to make an offensive return from opponent's approach shot.

PREPARATION

Place ball machine 2' inside singles sideline.

Set shot 1 to position 4 (straight ahead).

Set shots 2 through 6 to 0 (off).

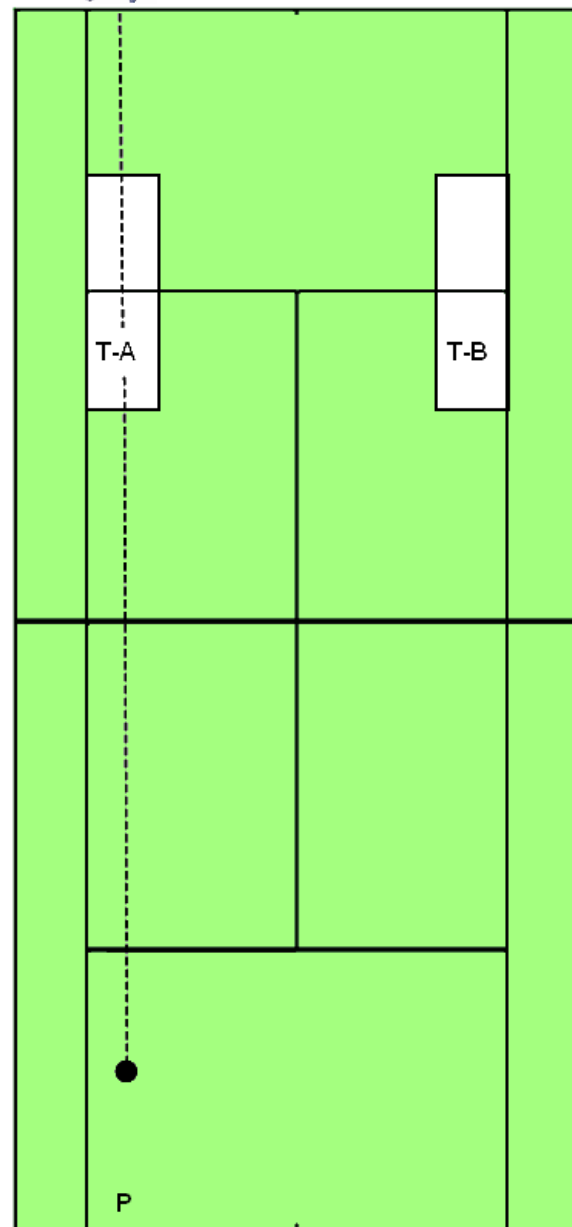
Set backspin to 4 or 5.

Set ball speed and elevation so balls land 4' to 8' from baseline.

Set ball feed at 5 or 6.

THE DRILL

Return each shot with topspin landing near or short of the service line. Balls should be returned down the line or at a sharp cross-court angle.



T = Target Areas

P = Player Starting Position

● = Shot Locations

- - - = Ball Path

SAM Coach Ball Machine Drill #3

Baseline Reaction Drill



PURPOSE OF DRILL

Improve player's baseline coverage, footwork, and stroke consistency.

PREPARATION

Place ball machine at the center of the baseline.

Set shot 1 & 3 to position 5.

Set shot 2 to position 7.

Set shot 4 & 6 to position 3.

Set shot 5 to position 1.

Set oscillation to sequential delivery.

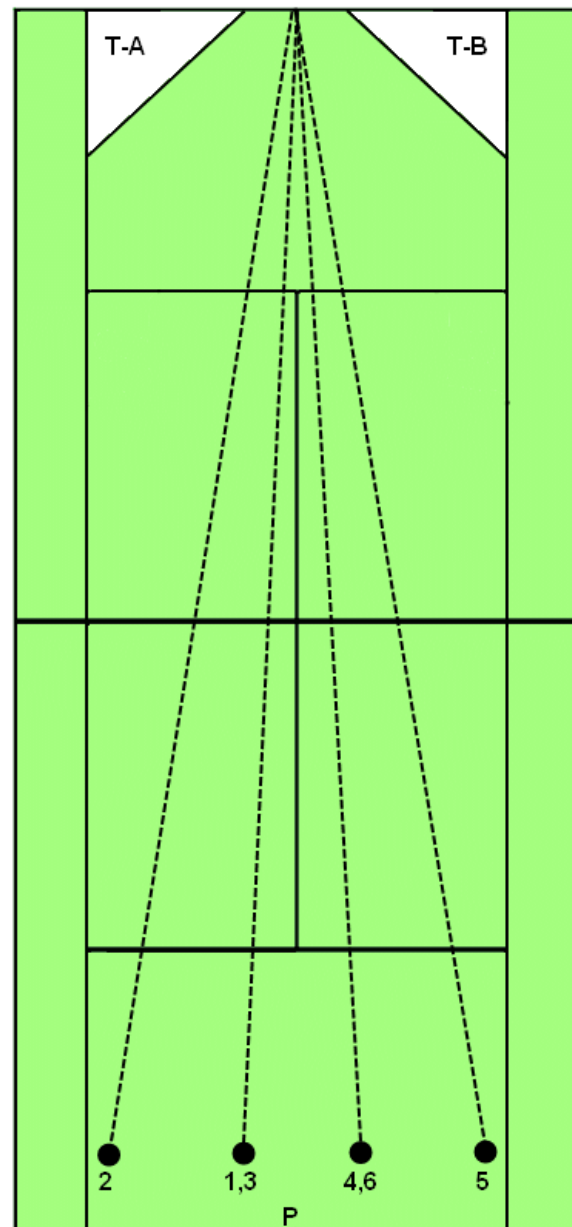
Set ball speed, topspin, and interval to match player's skill level.

Set ball feed rate between 3 and 6 to match player's skill level.

THE DRILL

The drill can be done 3 ways.

1. Every shot is cross court or every shot is down the line.
2. Every other shot is cross court and every alternate shot is down the line.
3. Every other shot is to target A and every alternate shot is to target B.



T = Target Areas

P = Player Starting Position

● = Shot Locations

- - - = Ball Path

SAM Coach Ball Machine Drill #4

Volley Reaction Drill



PURPOSE OF DRILL

Improve player's concentration and reaction on volleys.

PREPARATION

Place ball machine at the center of the baseline.

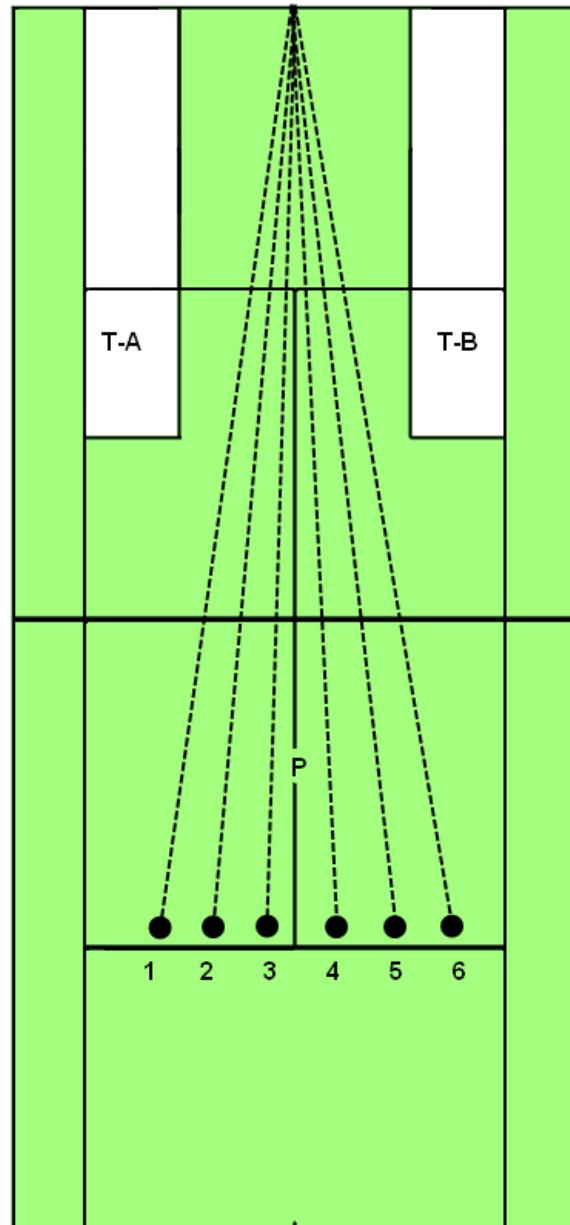
- Set shot 1 to position 7.
- Set shot 2 to position 6.
- Set shot 3 to position 5.
- Set shot 4 to position 3.
- Set shot 5 to position 2.
- Set shot 6 to position 1.
- Set oscillation to random delivery.

Set ball speed at moderate pace to match player's skill level with moderate to heavy topspin.

Set ball feed rate to 6 or 7.

THE DRILL

Players should alternate volleys cross court and down the line to target areas A and B.



T = Target Areas

P = Player Starting Position

● = Shot Locations

- - - = Ball Path

SAM Coach Ball Machine Drill #5

Group Attack Drill



PURPOSE OF DRILL

Improve skills for attacking plays.

PREPARATION

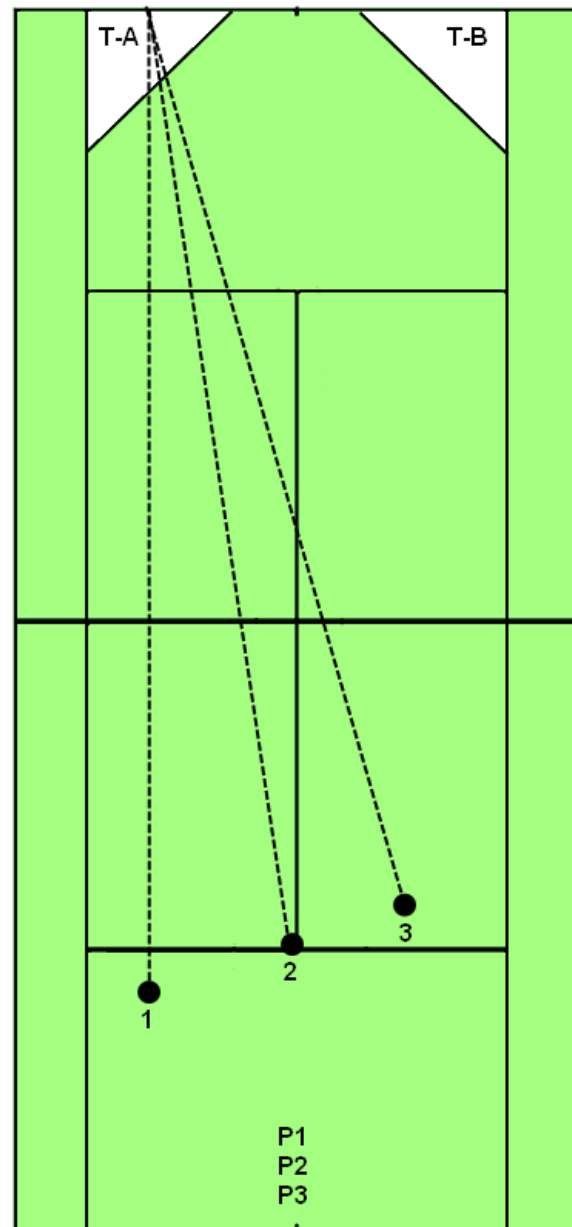
Place ball machine 4' from singles sideline.

Set shot 1 to position 4.
Set shot 2 to position 2.
Set shot 3 to position 1.
Set shots 4 through 6 to 0.

Set ball speed, topspin, and ball feed rate to match player's skill level.

THE DRILL

Player begins behind baseline.
Shot #1 - back hand to target A.
Shot #2 - approach volley to target B.
Shot #3 - player moves to net for volley to target A.
Player exits deuce court and joins the back of the line.



T = Target Areas

P = Player Starting Position

● = Shot Locations

- - - = Ball Path

SAM Coach Ball Machine Drill #6

Go For It Drill



PURPOSE OF DRILL

Improve player's quickness and footwork on cross-court shots

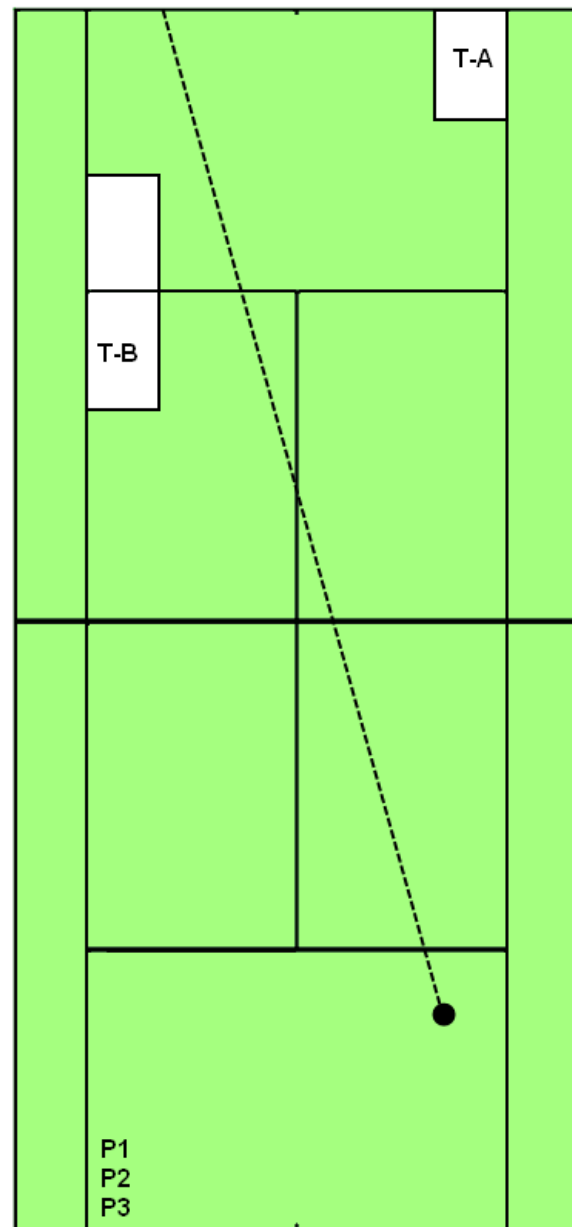
PREPARATION

Place the ball machine near the singles sideline. Set direction for a cross-court delivery.

Set ball speed so player is required to sprint across the court to reach the ball.

THE DRILL

Players start out on same side of court as the machine. As they run to the ball the instructor calls out which target zone player is to hit.



T = Target Areas

P = Player Starting Position

● = Shot Locations

- - - = Ball Path

SAM Coach Ball Machine Drill #7

Group Overhead Lob Drill



PURPOSE OF DRILL

Improve player's lobs and overhead shots.

PREPARATION

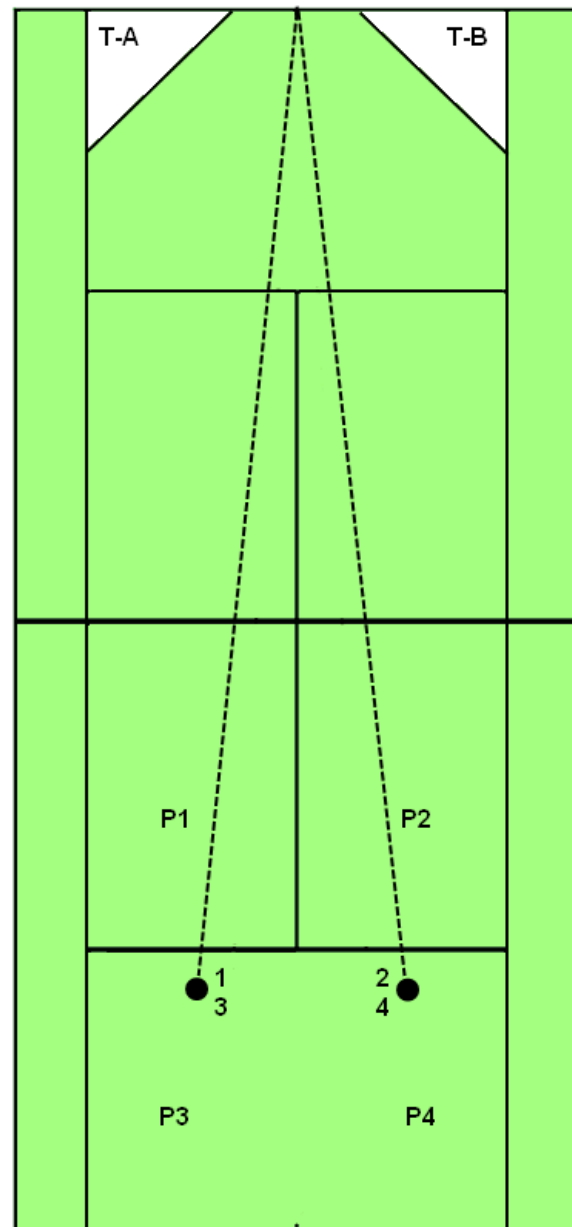
Place the ball machine at the center of the baseline.

Set shot 1 to position 2.
Set shot 2 to position 6.
Set shots 3 through 6 to 0.

Set elevation, ball speed, and backspin to produce lobs that land just behind the service line.

THE DRILL

Player 1 hits overhead shot 1 to target A. Player 2 hits overhead shot 2 to target B. Player 1 lets shot 3 bounce then lobs ball to target B. Player 2 lets shot 4 bounce then lobs ball to target A. Player 3 follows player 1 and Player 4 follows player 3.



T = Target Areas

P = Player Starting Position

● = Shot Locations

- - - = Ball Path

SAM Coach Ball Machine Drill #8

Angle Deflection Drill



PURPOSE OF DRILL

Improve player's skills in changing the angle of the shot.

PREPARATION

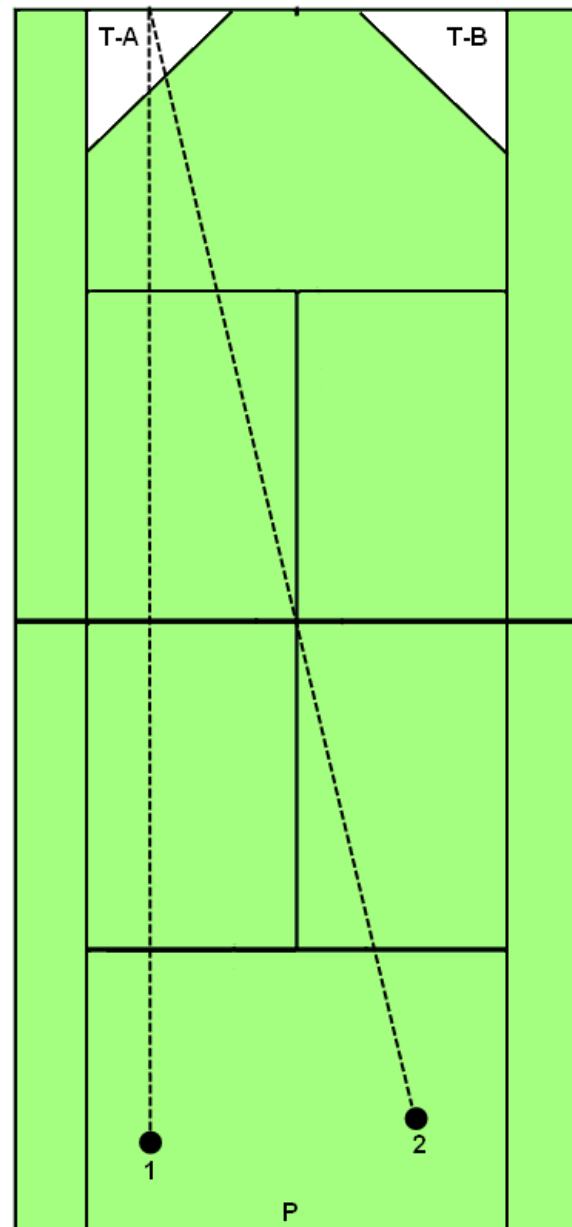
Place ball machine 3' from the singles sideline.

Set shot 1 to position 4.
Set shot 2 to position 1.
Set shots 3 through 6 to 0.

Set ball speed and ball feed to match player's skill level.
Practice first with topspin delivery then change to backspin.

THE DRILL

Hit alternate shots into targets A and B. Each ball returned to the opposite court.



T = Target Areas

P = Player Starting Position

● = Shot Locations

- - - = Ball Path

SAM Coach Ball Machine Drill #9

Backhand Ground Stroke Drill



PURPOSE OF DRILL

To develop accuracy and depth when moving quickly to the ball.

PREPARATION

Place the ball machine at the center of the baseline.

Set shot 1 & 3 to position 5.

Set shot 2 to position 6.

Set shot 4 to position 7.

Set shots 5 and 6 to 0.

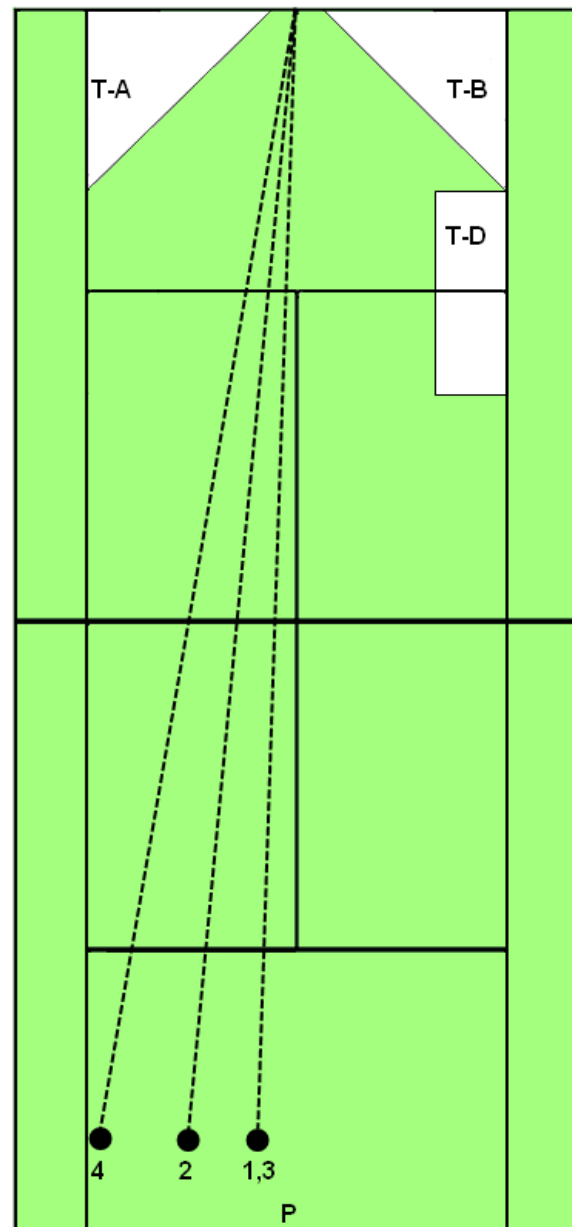
Set ball speed so the player can easily return all shots.

Set ball feed to allow the player to return to the center waiting position after each shot.

THE DRILL

Player hits all shots with his backhand, returning to the center waiting position after each shot. Shots should be returned cross court into target B, down the line into target A. Shot #4 can be returned to target D.

This drill can easily be reversed for a forehand drill.



T = Target Areas

P = Player Starting Position

● = Shot Locations

- - - = Ball Path

SAM Coach Ball Machine Drill #10

Short Ball Drill



PURPOSE OF DRILL

To teach forward movement and ball control when pace is being generated by the player.

PREPARATION

Place ball machine at the center of the baseline.

Set shot 1 to position 7.
Set shot 2 to position 1.
Set shots 3 through 6 to 0.

Set ball speed and backspin to deliver a soft shot to the back of the service box.

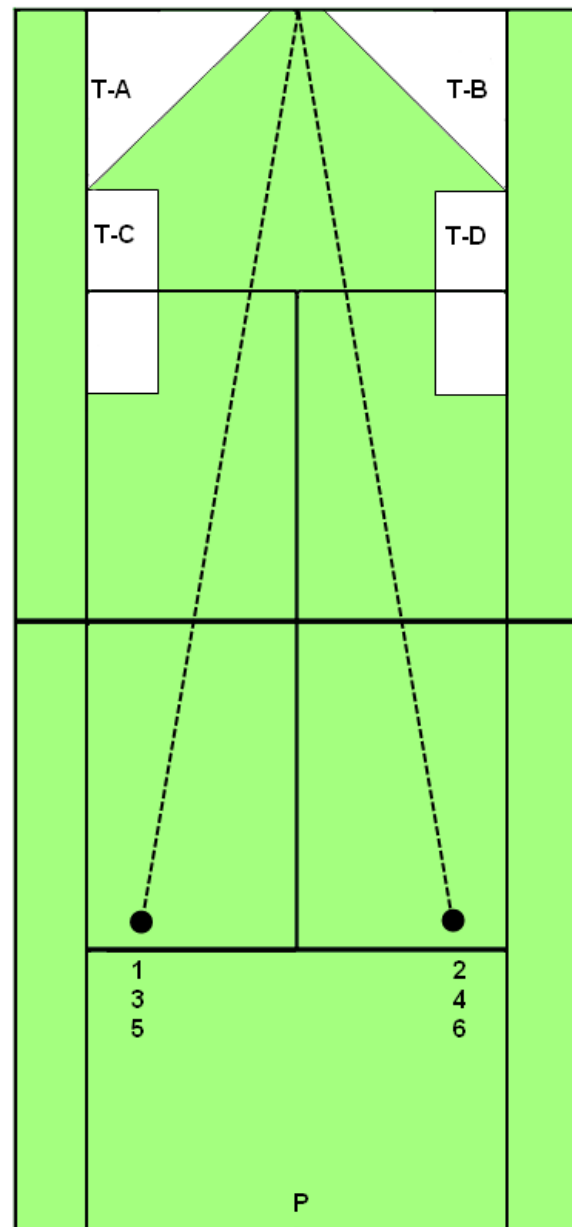
Set ball feed rate to allow the player enough time to return to the starting position after each shot.

THE DRILL

The player begins at the center of the baseline and returns there after each shot.

Shot #1 is hit to target A.
Shot #2 is hit to target B.
Shot #3 is hit to target B.
Shot #4 is hit to target A.
Shot #5 is hit to target D.
Shot #6 is hit to target C.

Each shot is hit with as much pace as the player can generate and still control the ball.



T = Target Areas

P = Player Starting Position

● = Shot Locations

- - - = Ball Path

SAM Coach Ball Machine Drill #11

Group Approach Drill



PURPOSE OF DRILL

To sharpen the skills of your approach and volley game while perfecting your ability to hit to a specified target area.

PREPARATION

Place ball machine at the center of the baseline.

Set shot 1 to position 6.
Set shot 2 to position 2.

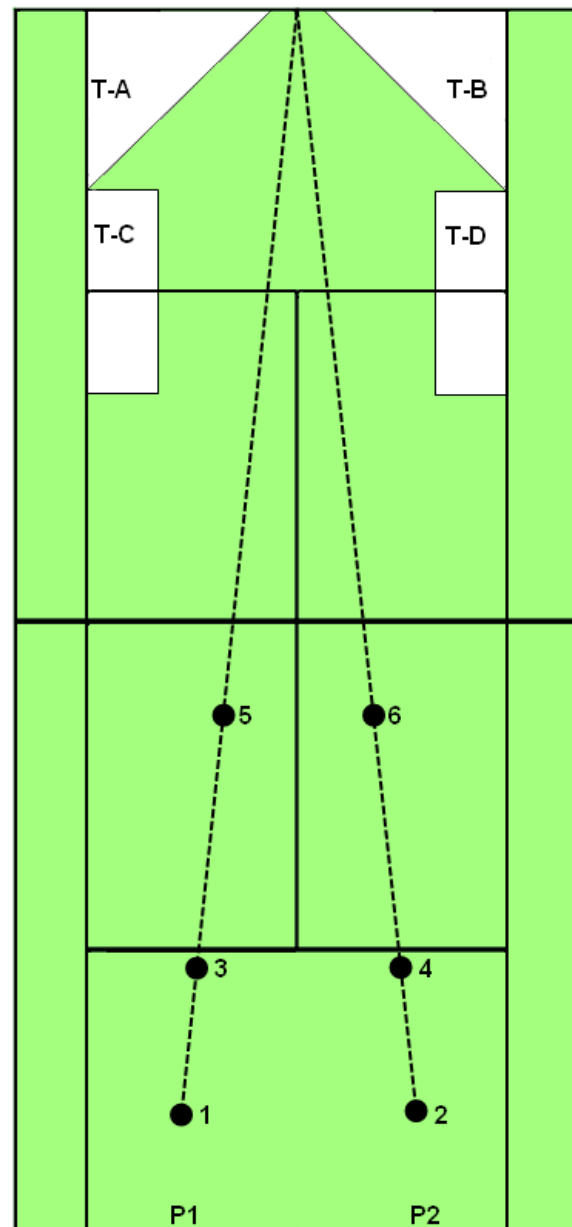
Set ball speed to match player's skill levels.
Set the ball feed to 9.

THE DRILL

Players start at the baseline and move towards the net on each shot.

Player 1 hits shot #1 to target B.
Player 2 hits shot #2 to target A.
Player 1 hits shot #3 to target A.
Player 2 hits shot #4 to target B.
Player 1 hits shot #5 to target D.
Player 2 hits shot #6 to target C.

Players 1 and 2 return to the back of the line while the next two players begin the same sequence.



T = Target Areas

P = Player Starting Position

● = Shot Locations

- - - = Ball Path

SAM Coach Ball Machine Drill #12

Ground Stroke, Approach, and Volley Drill

PURPOSE OF DRILL

To develop the ability to accurately hit a variety of shots to specific target areas.

PREPARATION

Place machine at the center of the baseline.

Set shot 1 & 5 to position 2.

Set shot 2 to position 4.

Set shot 3 to position 6.

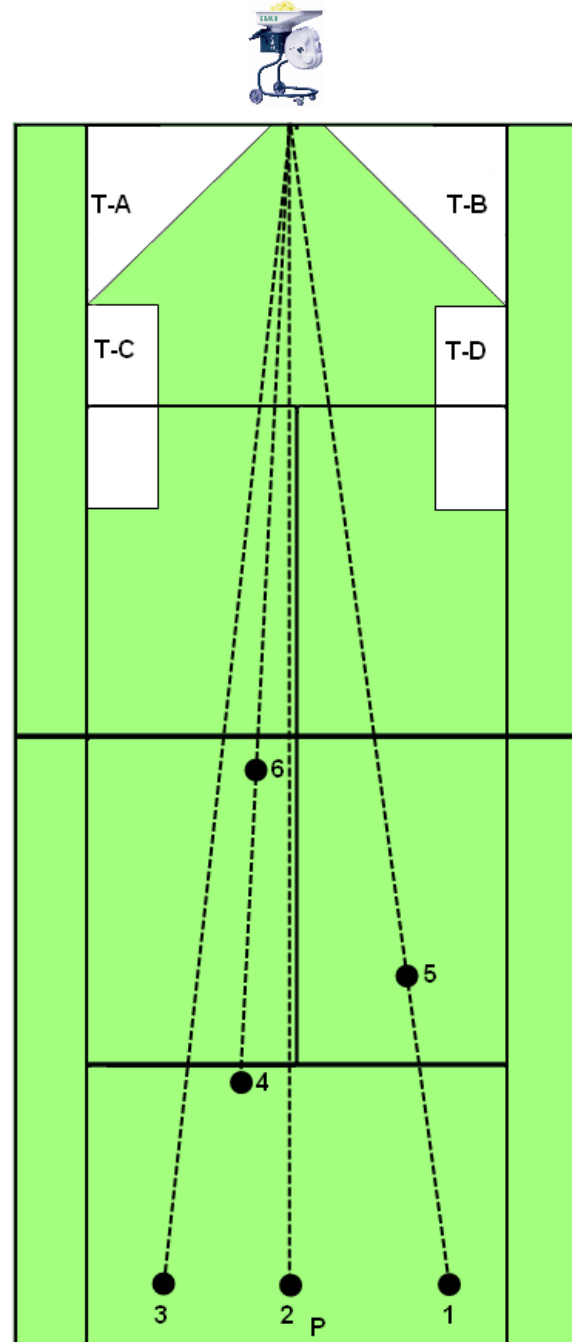
Set shot 4 & 6 to position 5.

Set ball speed, topspin, and ball feed rate to match player's ability.

THE DRILL

Player should return shots 1,2,3, and 4 deep into target areas A and B. Shots 5 and 6 should be volleyed into target areas C and D. Shot 3 should be a slice backhand to keep the ball low for the approach.

The first three shots should be hit from the baseline, and the player should attack the net for the last three shots.



T = Target Areas

P = Player Starting Position

● = Shot Locations

- - - = Ball Path

SAM Coach Ball Machine Drill #13

Angle Approach & Volley Drill

PURPOSE OF DRILL

To develop the ability to attack using a delicate angle approach and closing volley.

PREPARATION

Place machine 6-8' behind service line, 5' from singles sideline. Angle machine slightly across the court.

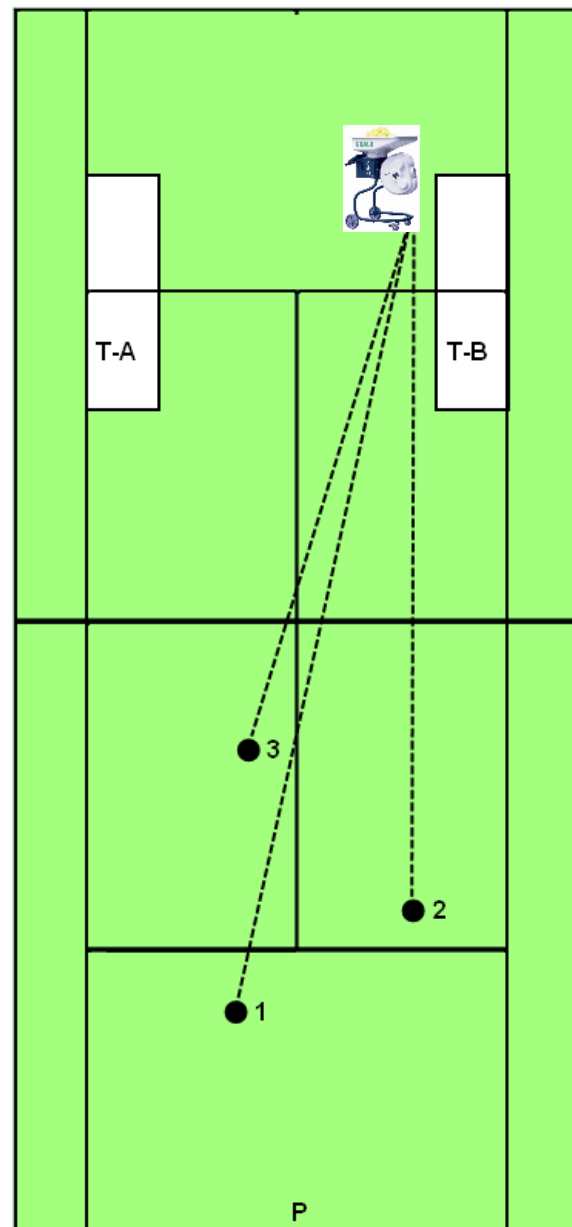
Set shot 1 to position 6.
Set shot 2 to position 3.
Set shot 3 to position 7.
Set shots 4 through 6 to 0.

Set ball speed and backspin so balls land 2-3' past service line.

Set ball feed rate to 7 or 8.

THE DRILL

The player starts at the baseline, hits approach shot to target B, volleys shot 2 to target A, shot 3 is a put-away volley to target B.



T = Target Areas

P = Player Starting Position

● = Shot Locations

- - - = Ball Path

SAM Coach Ball Machine Drill #14

Group Approach & Volley Drill

PURPOSE OF DRILL

To recognize a short ball, execute an approach shot, and maintain correct positioning at the net.

PREPARATION

Place machine at the center of the baseline.

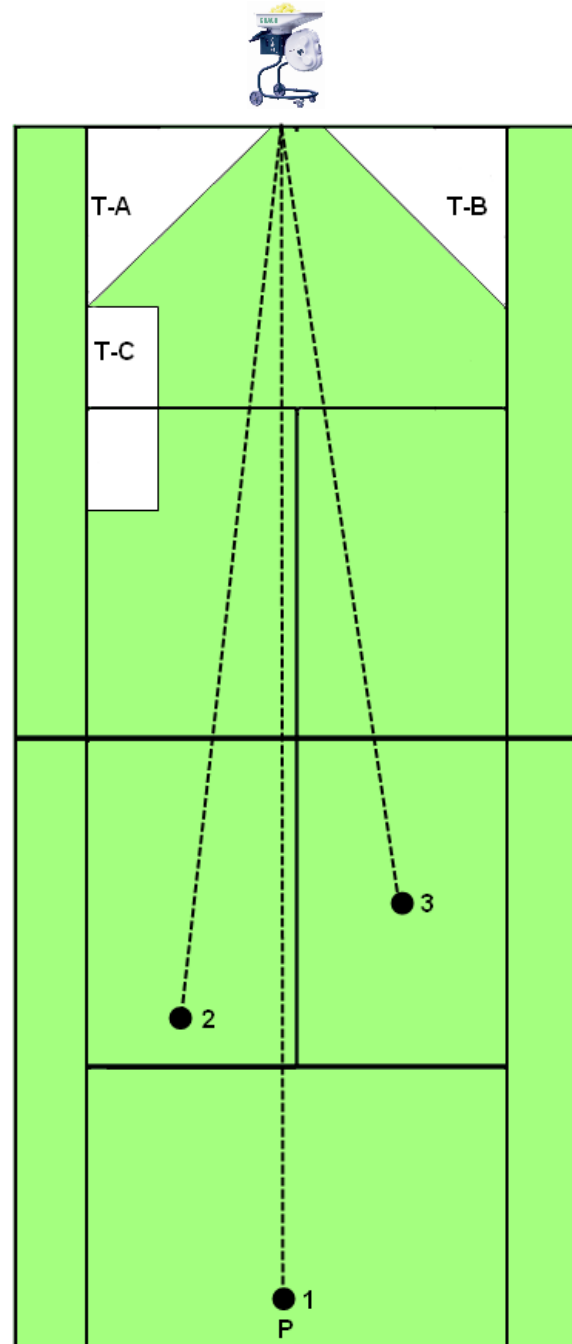
Set shot 1 to position 4.
Set shot 2 to position 6.
Set shot 3 to position 2.
Set shots 4 through 6 to 0.

Set ball speed and topspin to match player's ability.

Set ball feed to 5 or 6.

THE DRILL

Player hits forehand approach shot to Target A, then hits backhand volley to target B, then hits a sharp angle forehand volley to target C. The sequence is repeated for the rest of the players.



T = Target Areas

P = Player Starting Position

● = Shot Locations

- - - = Ball Path

SAM Coach Ball Machine Drill #15

Group Half-Volley and Drop-Volley Drill

PURPOSE OF DRILL

To force the player to control a half-volley, close off the net, and hit a short angled drop-volley.

PREPARATION

Place machine at the center of the baseline.

- Set shot 1 to position 1.
- Set shot 2 to position 3.
- Set shot 3 to position 5.
- Set shot 4 to position 7.
- Set shots 5 & 6 to 0.

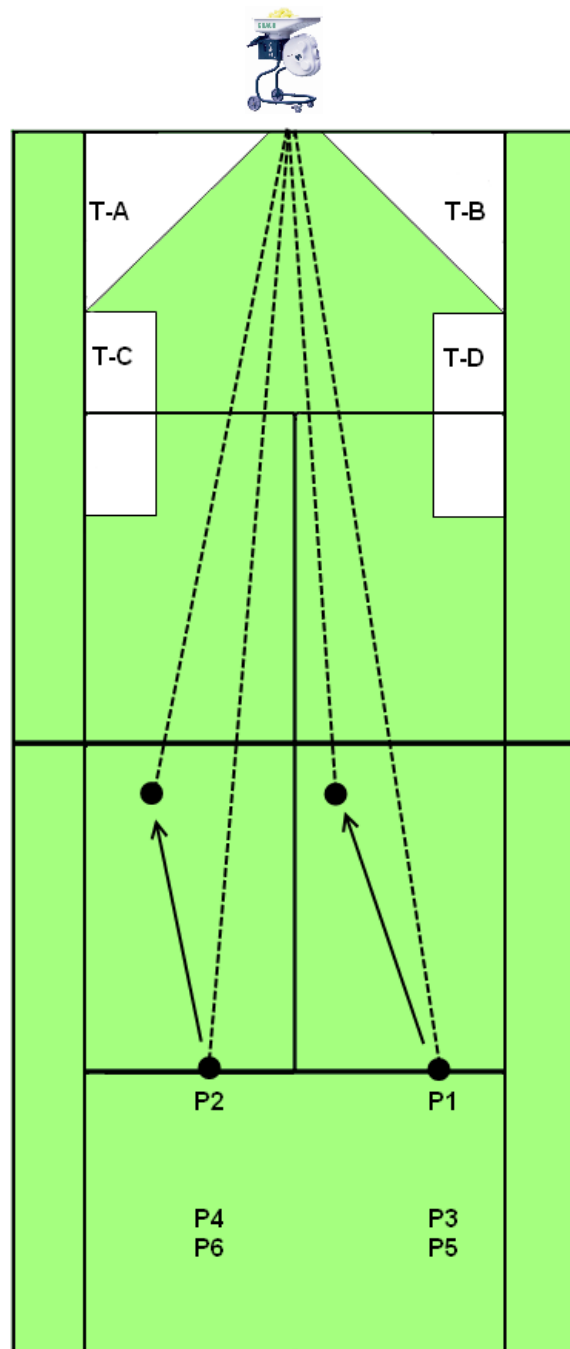
Set ball speed at a rally pace to match player's ability.
Use moderate to heavy topspin so balls hit near the service line.

Set ball feed to 1 or 2.

THE DRILL

Line one starts in the middle of the deuce court service line and hits a forehand half-volley to target B, then closes the net and hits a backhand drop-volley to target C.

Line two starts in the middle of the ad court service line and hits a forehand half-volley to target A and closes the net to hit a backhand drop-volley to target D. Players switch lines after each rotation.



T = Target Areas

P = Player Starting Position

● = Shot Locations

- - - = Ball Path